



**Operation's Seasons Greetings**  
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# RevUp

Shoppers can find bargains, consign items at thrift shop

See Page 5A

Vol. 49 No. 48 Friday, December 3, 2004 Robins Air Force Base, Ga.

News you can use

Base Post Office sets holiday hours

The Robins Post Office is extending the operating hours for December. The new hours will be Monday through Friday, 7 a.m. to 6 p.m., and Saturday, 8 a.m. to 2 p.m. The post office is located next to the Base Theater in Building 910, 740 Macon St.

— From staff reports

DICE Man is coming

Ray Semko, also known as the DICE Man, will speak about Defensive Information to Counter Espionage at 9 a.m. Tuesday at the Base Theater. Mr. Semko's goal is to help us safeguard America by recognizing its adversaries and preventing them from exploiting our national security information.

— From staff reports

Gate 1, 5 hours set to change Dec. 13

Effective Dec. 13, Gate 1 at Green Street and Gate 5 at Martin Luther King will close daily at 6 p.m. A study indicated a low volume of traffic entering and exiting these gates between 6-6:30 p.m.

— From staff reports

Rev-Up accepting holiday submissions

Does your organization have a holiday activity you would like to have included in the Rev-Up? If so, submit the information to Geoff Janes, editor, at vance.janes@robins.af.mil, or to Angela Trunzo, associate editor, at angela.trunzo@robins.af.mil by 4 p.m. Wednesday for publication in the Dec. 10 Rev-Up. For publication in the Dec. 17 edition, submissions are due by 4 p.m. Dec. 13. Photos, in JPEG format, also will be accepted. For more information, call 926-2137 or e-mail Mr. Janes or Ms. Trunzo.

— From staff reports

# Bringing industry, military together



Maj. Gen. Mike Collings, Center commander, gives the welcoming remarks at the second annual Requirements Symposium at the Georgia National Fairgrounds and Agricenter in Perry, Ga., Tuesday.

U.S. Air Force photos by Sue Sapp

What to know

The second annual Requirements Symposium was sponsored by the Warner Robins Chamber of Commerce's Aerospace Industry Committee, the Center's command section, the Contracting Directorate and other Center organizations.



Nancy Manley, from the 778th Civil Engineering Squadron, talks with James Kempton, senior manager Air Force operations for Camber Corporation, at the symposium Tuesday.

## Symposium draws nearly 800 to discuss future Center plans, needs

By Lanorris Askew  
lanorris.askew@robins.af.mil

About 800 government and industry representatives gathered at the Georgia National Fairgrounds and Agricenter in Perry, Ga., Tuesday and Wednesday for the second annual Requirements Symposium. The event provided industry an overview of the Center's requirements and plans for the next five years while giving a clear outline of how they can help shape the Center's capabilities to successfully meet the war fighter needs.

The primary purpose of the symposium was to enhance communication and understanding of the current and future needs of the broad range of customers served by the Center. "We trust this (symposium) will allow industry to more effectively and efficiently prepare and deliver the products and services required by our defenders of freedom and expected by our taxpayers," said Mike Hogan, AIC Symposium chairperson. "We are very

Please see **FUTURE, 2A**

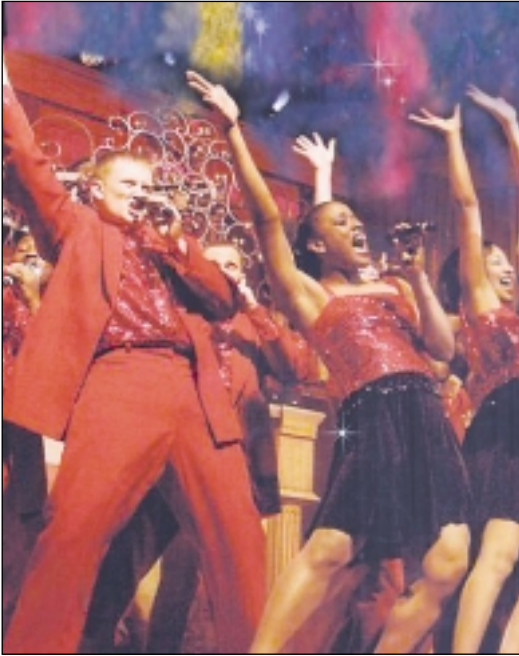
## Center repairs damaged F-15

By Lisa Mathews  
lisa.mathews@robins.af.mil

A newly repaired F-15 took off from Robins' flight line Nov. 17 and headed south for the winter — actually for good. Aircraft F-15C 80-015 was damaged upon landing when it hit a hole in the runway at its home base, Eglin Air Force Base, Fla., explained Kurt Miller, a crash damage planner in the F-15 Weapons System Support Center. "It hit the hole and snapped off the left main landing gear

and damaged the outboard longeron (A major structural member of the aircraft's fuselage) and left wing tip," Mr. Miller said. A team from Robins went to Eglin to assess the damage and determine the repair cost. After the assessment, the plane was disassembled by members of the 653rd Combat Logistics Support Squadron and transported to Robins by truck. "Once it got here, the damaged portion was repaired and

Please see **F-15, 2A**



Courtesy photo

Tops in Blue will perform at the Warner Robins Civic Center Tuesday at 7:30 p.m., with doors opening at 6:45. Admission to the show is free, but seating is first come, first served.

## Tops in Blue gets local community moving Tuesday

By Holly L. Birchfield  
holly.birchfield@robins.af.mil

Tops in Blue is helping Robins and the local community dance to the beat of a different drum this holiday season. The 32-member team, comprised of active duty officers and enlisted servicemembers from across the Air Force, will perform this year's show, "Musicology", in the Warner Robins Civic Center, Tuesday at 7:30 p.m. Linda Hinkle, director of marketing at Robins, said the high energy performance is sure to put the Middle Georgia community in good spirits this holiday season. "Tops in Blue is always an outstanding

Please see **TOPS, 2A**

## CAN'T EXPRESS IT OR REPRESS IT? Anger management might be for you

By Chrissy Zdrakas  
chris.zdrakas@robins.af.mil

The many shades of anger are as different as we all are, but a relatively new program at Robins puts all anger in a basket and uses education to show people how to avoid picking it up. Three Team Robins members who have gone through the program expressed an axiom they learned through the program: They can't control the things or the people that make them angry, but they can control their response to



U.S. Air Force illustration by Staff Sgt. Brian Bahret

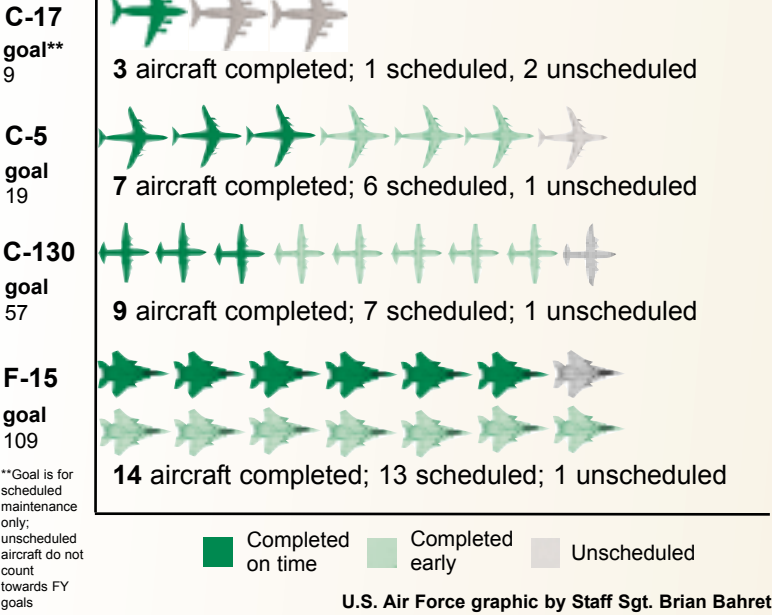
those things or people. "That's the crux of the anger management course," said Veronica Griffin family

**INSIDE**  
Family Advocacy offers hope and help for uncontrollable anger  
Page 7A

advocacy outreach manager for the 78th Medical Group, being able to recognize the externals we can't control and knowing ourselves, whom we can control." She said the program explains what anger is and offers helpful tips that participants say are working.

Please see **ANGER, 7A**

## Aircraft Maintenance Output fiscal 2005 year-to-date production (as of Nov. 24)



**Robins 3-day forecast**  
Today: Partly cloudy, then sunny  
Courtesy of 78th OSS/OSW

55/34

**Saturday**  
Sunny

54/36

**Sunday**  
Partly to mostly cloudy

54/46

**What's inside**

Robins taking donations for Toys for Tots drive **2A**  
Black Knights dedicate new squadron, operations building **10A**  
Robins part of 'Lean' team lauded for manufacturing advances **11A**  
Base officials offer holiday safety tips **13A**



IN BRIEF

Base Christmas tree lighting is Wednesday

The annual Robins Christmas Tree Lighting Ceremony will be held on the front lawn of the Base Chapel Wednesday at 5 p.m. Maj. Gen. Mike Collings, Center commander, will select two children to help him throw the switch that will light the tree and officially kick off the holiday season for Robins.

For your musical pleasure the Robins Elementary School choir and part of the Air Force Reserve Band will perform a medley of Christmas songs.

Near the end of the ceremony, Santa Claus will arrive via horse and buggy with presents for the children. Parents will be able to take photos of their children on Santa's lap.

In an effort to provide Christmas gifts to underprivileged kids, the Base Chapel has teamed with the Mentors Project of Bibb County to sponsor a youth angel tree specifically for children ages 12-17. Participants at the tree lighting ceremony will be encouraged to select an angel and return the requested item to the chapel by Dec. 14. Gift wrapping is not required.

Light hors d'oeuvres, desserts, cocoa and cider will be served during the event. More than 300 people are expected to attend.

— Lanorris Askew

Volunteers needed to be bell ringers

The Salvation Army needs volunteer bell ringers for the red kettle drive. Anyone — military, civilian, families — is welcome to volunteer.

One to two people are needed per hour from 6-9 p.m. Monday through Friday and 10 a.m.-8 p.m. Saturdays at the K-Mart on Watson Boulevard.

The drive runs through Dec. 23 and proceeds go to local Christmas assistance efforts.

To volunteer, contact 2nd Lt. Nick Ferry at 222-3882 or nicholas.ferry@robins.af.mil.

This community service is provided by Robins personnel to the Salvation Army, and is in no way sanctioned by the Air Force.

— From staff reports

Robins taking donations for Toys for Tots Drive, to help kids

By Holly L. Birchfield  
holly.birchfield@robins.af.mil

Base units are working together in the Toys for Tots drive to make sure children in the Robins community have a happy Christmas.

First sergeants began collecting toys and monetary donations to buy toys for the drive Monday and will collect items through Dec. 17.

Master Sgt. Kurt Senzig, fabrication flight chief for the 19th Maintenance Squadron and drive coordinator, said Toys for Tots is a great opportunity.

“We’re collecting any sort of donations — whether it’s money or toys,” he said. “We’re looking for something in the \$10 to \$15 range for the younger kids. We want to do all we can to give these kids something under their tree that will bring a smile to their faces Christmas morning.”

Toys donated at collection points across base will be delivered Dec. 20.

“We’re calling the Alert Facility our North Pole,” he said. “We’re using that as our storage point. I’ll get a bunch a people involved in wrapping all the toys for the correct age groups and genders and we’ll get them out to the kids the next week.”

The sergeant said he encourages anyone who knows a family in the Robins community who needs the help of Toys for Tots to contact his or her first sergeant with the family’s information.

Tech. Sgt. Michael Bullard, family readiness coordinator with the Family Support Center, said as single parent with two children, he can relate to those helped by the drive.

“We help families every day and this gives us a chance to spread that warmth at Christmas time,” he



U.S. Air Force photo by Sue Sapp

Master Sgt. Kurt Senzig wraps a collection box for the Toys for Tots Drive. Collection boxes can be found around base.

said. “I know what it’s like to have a family and not have a lot of money to give them the things you’d

FUTURE

Continued from 1A

fortunate to have a very distinguished group of speakers to provide a perspective of major and inevitable changes in requirements from cockpits and Headquarters United States Air Force, Headquarters Air Force Materiel Command, the Center’s command section and Headquarters Air Mobility Command.”

The symposium included presentations from speakers, a government and industry panel discussion and breakout sessions.

During the breakout, representatives from each wing, group and squadron

discussed requirements items such as roadmaps, program budgets and program schedules.

Brig. Gen. Loren Reno, Headquarters Air Mobility Command director of logistics, was the luncheon speaker and later briefed the crowd on the directorate of Logistics.

Other topics included Center transformation, organizational roles and missions presented by Steve Davis, Center executive director, information technology, engineering vision and requirements and combat support systems.

Presentations were followed by question and answer sessions.

Frank Field, Warner Robins Area Chamber of Commerce president, discussed the long time cooperation

between the military and local industry.

“The military and corporate communities of Warner Robins area share a unique relationship,” he said. “It has deep roots and spans nearly six decades. It is characterized by mutual trust and respect. We believe it serves as an outstanding example of what can be accomplished when people work together for the common good.”

Maj. Gen. Mike Collings, Center commander, thanked everyone for the teaming effort that made the symposium a reality.

“Today’s environment is constantly changing,” he said. “The battlefield changes daily. You can read about it in the paper, and you can see it on the television. What’s important is that we, as

providers of that war fighting capability, are able to get inside the enemy’s decision making capacity. We need to be able to get war-winning, war fighting capability in the hands of the war fighter faster today than any time previously in history.”

To do that, he said it’s imperative to have teaming and partnering arrangements with industry.

“Neither of us by ourselves would be able to accomplish that goal, not organically and not with a contractor in and of itself,” he said. “That’s why it’s important that you understand where we’re headed and what our requirements are. That way we can work together in partnerships for the defense of our country and the needs of our nation.”

TOPS

Continued from 1A

performance that’s enjoyed by every age group,” she said. “It gives tribute to just about every popular style of music — country, pop, jazz, swing, rock and rhythm and blues — and makes me feel proud to be part of the Air Force family.”

More than 1,700 Airmen have been featured in Tops in Blue shows during the past 50 years and more than 7,000 shows have been performed since 1953.

Want to go?

Tops in Blue will perform this year’s show Tuesday at 7:30 p.m. in the Warner Robins Civic Center. Doors open at 6:45 and people are encouraged to arrive early, as admission is free to the public and seating is available on a first come, first served basis. A drawing will be held for 1,000-minute calling card. For more information, contact the Smith Community Center at 926-2105.

F-15

Continued from 1A

all operational checks were performed, just like a programmed depot maintenance aircraft,” Mr. Miller said. The aircraft was repaired in the F-15 Production Branch’s crash damage and hospital section led by Albert Martin and David Pryor.

“At Robins, we are the expert at what we do,” he said. “There’s no one out there that can do what we can do. We took this valued asset and repaired it and returned it to service. It was important that we get the jet



U.S. Air Force photo by Kurt Miller

The Center was instrumental in repairing the F-15 above and getting it back to its home at Eglin Air Force Base, Fla.

back out there.

“At Eglin, they’re ecstatic to get this plane,” Mr. Miller said. He added that, with current world affairs, it is essential that the war fighters get the support they need for aircraft. This particular aircraft has been through

crash-damage repair three times. Because of this, it has very low air frame time.

“The team that was involved in repairing this aircraft did an outstanding job, and we’re grateful for the work that they accomplish,” he said.

# Airman shares father’s suicide, encourages people to seek help

**By 2nd Lt. Shannon Collins**  
52nd Fighter Wing Public Affairs

SPANGDAHLEM AIR BASE, Germany (AFPN) – As I hear songs like “Butterfly Kisses” and “Daddy’s Hands,” and as I watch a movie like “Father of the Bride,” the words “self-inflicted gunshot wound” echo in my mind.

I will never have that special relationship between a father and a daughter. I won’t have anyone to walk me down the aisle or to celebrate Father’s Day with. And, it isn’t because of a tragic automobile accident or a physical disease; it’s because of suicide.

In fiscal 2004, the Air Force had 57 suicides. Fifty percent of those cases involved Airmen between the ages of 17 and 24. My father was 30 when he did it – the age I am now.

His death certificate reads “massive laceration of brain” and “shot-gun wound of the face.” He shot himself Dec. 12, 1979, and lived until Dec. 29, 1979. He was buried New Year’s Eve. Not only did he punish his family members with his loss, but with the sight of him bloody and broken in the hospital for 17 days.

Suicide ranks third as a cause of death among young Americans age 15-24, behind accidents and homicides, according to the American Association of Suicidology. It is the 11th leading cause of death overall.

Capt. Ruth Roa-Navarette, from the Spangdahlem Air Base life skills clinic, said though most Air Force suicides occurred between July and September this year, people should be extra mindful to reach out to those who may be at risk or alone during

the holiday season.

The death certificate also reads “acute ethanolism,” which means he was very intoxicated at the time. In 2004, alcohol abuse accounted for about 19 percent of suicides across the Air Force.

The National Council on Alcoholism and Drug Dependence states that “alcoholism is a primary, chronic disease with genetic, psychosocial and environmental factors influencing its development and manifestations.

The disease is often progressive and fatal. It is characterized by continuous or periodic impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial.”

The jury is out on why my father

did what he did. We will always wonder. I will have to live with what he did for the rest of my life.

No matter how overwhelming a situation can be – whether it is financial difficulties, receiving punishment in the military, or personal life twists and turns, anyone who considers suicide as the only way out should think of his or her parents, of the family and friends who may be far away but who care for him or her. Chaplains, life skills representatives, co-workers and supervisors are also there to listen.

With a little research, you can find a number of Web sites that provide information on suicide, suicide statistics or support groups for survivors of suicide.

For immediate help, call a base chaplain or the life skills center. Most importantly, get help.

## How to get help at Robins

For military families, the Life Skills Support Center provides counseling services. To reach a counselor, call 327-8398.

For civilian employees and their families, the Employee Assistance Program is there to help. To reach a counselor, call 327-7683, 327-7682 or (800) 222-0364.

Other options include your chaplain or minister. The Base chaplains can be reached at 926-2821.

For alcohol and drug related issues, the Alcohol and Drug Abuse Prevention and Treatment Program is available at 327-8398.

# E-mail users should beware of getting caught in the ‘phishing’ net

**By Master Sgt. Rodney Caster**  
Air Mobility Command Networks Services Branch

SCOTT AIR FORCE BASE, Ill. – Internet scammers are using a new method to coax unsuspecting victims into their nets.

“Phishing” is an Internet e-mail scam that tricks individuals into revealing personal information, including Social Security numbers, bank account numbers and passwords.

“Phishers” first steal a company’s identity and then use it to victimize consumers by stealing their credit identities.

Typically, the e-mails include links to Web sites with familiar logos and companies, such as Best Buy, UPS, Bank of America, PayPal and First Union Bank. The Web sites are replicas, and once a victim enters, they are often urged to “confirm” information that was supposedly lost or misplaced. After providing the information, the victim’s identity is compro-

mised and money starts disappearing.

To protect yourself, you need to recognize the e-mail as a scam. You can use the following advice to help recognize and avoid many Internet scams, including Phishing:

- Don’t trust e-mail headers, they can be forged easily.
- Legitimate businesses do not request personal information through e-mails. Banks and credit card companies already have it.
- The e-mail does not reference a partial account number.

- The e-mail warns that accounts will be closed unless you reconfirm your information immediately.
- The e-mail says you have been a victim of fraud.
- The e-mail contains spelling or grammatical errors.

Other ways to protect personal information include:

- Contact the business and verify the message is genuine.
- Try not to click on links in an e-mail message from a company. Too many scam artists are making forg-


eries of company’s sites that look like the real thing.

- Adopt a general rule, if you want to do business online, don’t click on an e-mail link, go to the company’s Web site yourself and fill out information there.
- Contacting legitimate businesses that are being victimized to put them on alert.

For more information on how to protect personal information, visit the Federal Trade Commission Web site at [www.ftc.gov/ftc/consumer.htm](http://www.ftc.gov/ftc/consumer.htm).

Commander’s Action Line

Col. Greg Patterson  
Commander,  
78th Air Base Wing



Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live.

Please remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 day or night, or for quickest response e-mail to one of the following addresses: If sending from a military e-

mail system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account (AOL, AT+T, CompuServe, Earthlink, etc.), use [action.line@robins.af.mil](mailto:action.line@robins.af.mil).

Readers can also access Action Line by visiting the Robins AFB homepage at <https://www.mil.robins.af.mil/actionline.htm>. Please include your name and a way of reaching you so we can provide a direct response.

Action Line items of general interest to the Robins community will be printed in the Rev-Up. Anonymous Action Lines will not be processed.

Security Forces.....	327-3445
Services Division.....	926-5491
EEO Office.....	926-2131
MEO.....	926-6608
Employee Relations...	926-5802
Military Pay.....	926-3777
IDEA.....	926-2536
Base hospital.....	327-7850
Civil engineering.....	926-5657
Public Affairs.....	926-2137
Safety Office.....	926-6271
Fraud, Waste and Abuse hotline.....	926-2393
Housing Office.....	926-3776

## Safety outside the office

Every morning I drive pass buildings 226 and 227 on Perry Street where the new main gate is being built. There are several construction workers in the street not wearing reflector vests and some mornings it is very hard to see them. If I didn’t know to look out for them I might have hit one of them. Shouldn’t they be wearing some kind of reflector vests since they are working near the road? Second - since they have closed part of Byron Street due to the construction on the new Main Gate, they have put up barriers without any type of flashing device warning that the street has been closed. This can be dangerous at night if someone does not know that the street has been closed.

**Commander’s reply:** We appreciate your concern and thank you for bringing these issues to my attention. Safety is always a top priority with me.

You are correct! The Corps of Engineers Area Office has instructed the contractor to ensure his employees are wearing reflective vests if they perform work in the early morning when it is still dark. All employees driving in this area or any part of the base when it is dark also need to be extra cautious.

In addition to the contract personnel you mention, there are employees crossing streets at this time as well, and they may be hard to see, even if they are in a crosswalk. The safety of all personnel -- military, civilian or contractor – is critical so, again, please be extra cautious when operating a motor vehicle during the early morning hours.

Reference your second concern with the Byron Street work, CE has placed flashing lights on the barriers to improve visibility as a result of your call. Thank you very much for bringing those important concerns to my attention. I trust that you and the entire work force will continue to be vigilant with regard to those kinds of safety issue and let me know immediately when you observe them.

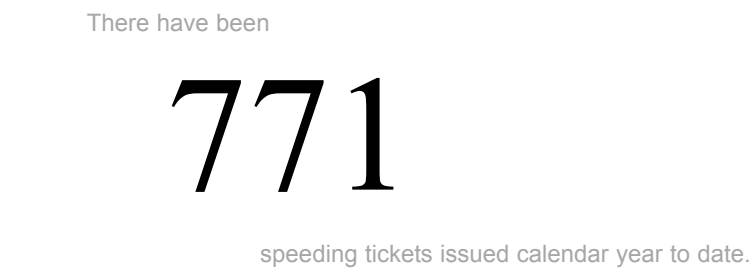
**Parking at the post office**

Could you please get the word out to all base personnel concerning the “15 minute” parking spots located at the Base Post Office? I just attempted to conduct business at the post office, and there was not a parking spot to be found. Reason you ask? A squadron was holding a Commanders’ Call at the Base Theater. Several members chose to park in the reserved parking areas for post office patrons. Some members had even

gone as far as to park in the grassy areas between the post office and theater. One post office customer parked his vehicle directly behind several of the illegally parked vehicles, causing a small traffic jam in the already over parked lot. When I returned to my duty section, I immediately contacted the Security Forces LE desk requesting that they dispatch a patrol car to ticket the illegally parked vehicles. Unfortunately, the Commanders Call ended shortly after my call, so I’m sure there was not enough time for a patrol car to arrive. The parking spots at the post office are clearly marked “Post Office 15 Min”. Is there any way of having Security Forces monitor this area during scheduled Commanders Calls? It didn’t hurt me a bit to park in the old BX lot and walk to the Post Office; however I’m sure there are plenty of Post Office patrons who benefit from those parking spots that are located close to entrance.

**Commander’s reply:** Thanks for bringing this parking issue to our attention. I have asked the post office parking monitor to enforce parking restrictions more closely and to call the law enforcement desk at 926-2187 when help is needed. Security Forces will also monitor that lot more closely. In addition, the agreement customers must sign to obtain use of the theater now includes parking restrictions. Thank you.

## Remember to slow down



## How the points add up

Accumulating 12 traffic violation points within a year may cause drivers to lose base driving privileges for up to 6 months. Speeding violation points are based on the number of miles over the posted speed limit.	10 miles = 3 points
	11 - 15 miles = 4 points
	16 - 20 miles = 5 points
	21+ miles = 6 points

Source: AFI 31-204



Airmen Against Drunk Drivers is a 24-hour-service that provides rides to those who have consumed alcohol and need transportation home. The program is run by volunteers from across base, and those who use the service aren't subject to adverse action.


**To request a ride, call: 335-5218, 335-5238 and 335-5236.**

## Robins DUI tracker

Robins has adopted a zero tolerance policy for drinking and driving. In addition to an incentive for no DUIs and putting up signs to keep the message in drivers' minds as they leave the base, the Rev-Up will run weekly numbers of DUIs.

Fiscal 2003:	55	Fiscal 2004:	79	Fiscal 2005 to date:	11
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Best metro format newspaper in the Air Force 2003 and Best metro format newspaper in Air Force Materiel Command 2002, 2003



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# Shoppers can find bargains, consign items at thrift shop

By Lanorris Askew  
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If you’re looking for something to do with the last fifteen or twenty minutes of your lunch break, the Robins Thrift Shop may be just the ticket. With items ranging from household goods to vintage clothing, the shop’s low prices and wide selection make for the perfect shopping spree.

Run by members of the Officers’ Spouses Club, for more than a decade this all volunteer operation has welcomed all ID card holding personnel to come in and look around or better yet become a part of it all by consigning or donating items.

**Consigning**

According to Lesley Houston, OSC co-chairperson, the consignment process is easy.

You simply purchase a consignment form from the shop for 25 cents. That form, which can list up to 15 items, also lists the instructions for consigning. Once the form is completed and items are properly tagged by the consigner they’re put on display.

“Because we’re a nonprofit organization, the Thrift Shop isn’t responsible for loss or theft of items,” said Mrs. Houston. “So, basically it’s consigned at their own risk, but the consignment process has an advantage over garage sales and online auctions in that it gets the items out of the home quickly.”

Eighty percent of the proceeds from consigning go to the consigner, with 20 percent going to the Thrift shop. Out of the Thrift Shop’s 20 percent, a small amount goes toward administrative costs and the remainder goes into the Officers’ Spouses Club welfare account which is used to generate scholarship money for yearly scholarships giveaways.

If a consigned item doesn’t sell, it’s turned over to the Thrift Shop automatically and becomes a donated item.

“In that case the consigner has the knowledge that all of the money is going toward charity,” said Mrs. Houston. “If their motives are to generate a huge profit then they typically don’t consign because thrift shops don’t

“A trip to the Thrift Shop is a great opportunity for people to see items they don’t typically have the chance to see. It’s also the perfect place for active duty members and their families to donate items instead of taking them to other off base facilities. We even provide them with a tax receipt.”

**LESLEY HOUSTON** OSC co-chairperson and shop volunteer



Above, Morgan and Madison Louis tru out a sofa while shopping with their mom at the thrift shop Wednesday. Below left, Tammye Davis checks out the shop’s Christmas decorations for sale.



## Want to shop, consign or donate?

The Thrift Shop is located in Building 288 on Page Road, and is open Wednesday and Friday from 10 a.m. to 1 p.m., with consignment hours from 10 a.m. to noon. The Thrift Shop is also open the first Saturday of each month. For more information, contact Julie Gravgaard, Thrift Shop chairperson, Lesley Houston, co-chairperson, or Wendy Witherall, co-chairperson, at 923-1686.



Suzanne Cahill, the shop’s volunteer of the month, helps a customer check out as Michelle Dupree waits to help another customer.

generate large amounts of money.”

If consigning isn’t your thing, there’s another option for getting rid of your old or unneeded items.

“Our huge focus this year is to get an increase in the number of donations because the shop retains 100 percent of the profit from donated items,” said Mrs. Houston. “So, the more donated items we receive the more money we can turn over to the welfare account.”

In the past three years the Thrift Shop has been able to award more than \$11,000 in scholarships.

The scholarships are available to all ranks and Robins DoD dependents. In addition to the scholarships they also donate formals to the Macon School for the Blind for their yearly ball, uniforms to local schools for the ROTC programs and items for families after emergency situations such as fire.

Mrs. Houston said approximately 40 people volunteer at the Thrift Shop and dedicate between three to six hours per week. Those dedicated individuals make sure customers receive good service in a comfortable atmosphere.

“A trip to the Thrift Shop is a great opportunity for people to see items they don’t typically have the chance to see,” she said. “It’s also the perfect place for active duty members and their families to donate items instead of taking them to other off base facilities. We even provide them with a tax receipt.”

With a high item turnover rate, a steady number of dedicated clientele and the Christmas holidays coming up, the shop is a great way to make room for new things or pick up some.

The Thrift Shop is located in Building 288 on Page Road, and is open Wednesday and Friday from 10 a.m. to 1 p.m., with consignment hours from 10 a.m. to noon. The Thrift Shop is also open the first Saturday of each month. For more information, contact Julie Gravgaard, Lesley Houston or Wendy Witherall at 923-1686.

# ROBINS BULLETIN BOARD

*To have an item listed in the bulletin board, send it to Angela Trunzo at angela.trunzo@robins.af.mil by 4 p.m. Monday prior to the Friday of intended publication.*

### 78th ABW Enlisted Promotion Ceremony

Col. Greg Patterson, 78th Air Base Wing commander, will host the monthly 78th ABW Enlisted Promotion Ceremony at 10 a.m. today at the Base Theater. Commanders, supervisors, family members and friends are encouraged to attend. Show your unit's pride and spirit; come and join us in congratulating our new promotees. For more information, contact Master Sgt. Sharon Ward or Staff Sgt. Jessica Jackson at 926-0792.

### 78th SFS children's Christmas party

The 78th Security Forces Spouses' Group will host a children's Christmas party for the squadron Dec. 11 from 2 to 4 p.m. in Building 261. Santa will arrive at 2:30 p.m. Please submit a \$3-5 gift for each of your children. Each gift needs to be wrapped and tagged with each child's first and last name. Gifts can be dropped off at the Security Forces office or you may bring it to the Security Forces adult Christmas party today.

### School board meeting

Robins Air Force Base school board will meet at 11 a.m. Tuesday at Robins Elementary School, Building 988. The public is invited to attend the meeting.

### Toys R Us Robins Appreciation Night

Toys R Us will hold a Robins Appreciation Night Dec. 12 from 7:30 - 10 p.m. The store will close for a private shopping event for customers with a military or DoD identification card and their guests. There will be door prizes, refreshments and entertainment for children while you shop. To R.S.V.P by Tuesday, call Dana Bartlett at 953-1894 or e-mail danabartlett2004@hotmail.com. The store is located at 3000 Watson Blvd., Warner Robins, just past the Galleria Mall. This does not constitute endorsement by the Department of Defense or the Department of the Air Force of Toys R Us, their products or services.

### Troops to Teachers

Bill Kirkland will be at the Robins Education Center Wednesday, from 10-11 a.m., to answer questions about Troops to Teachers, a cooperative program between the U.S. Department of Education and the Department of Defense that provides referral and placement assistance to men and women who have served the nation as members of the Armed Forces and who are seeking a second career as teachers in public schools. The briefing will be held in Building 905, Room 123, and no reservations are necessary. For more information, contact Mr. Kirkland at bill.kirkland@gapsc.com, or Fran Sheridan at 327-7325. You may also visit www.proudtoserveagain.com for more information.

### ASMC breakfast

The American Society of Military Comptrollers December drop-in breakfast will be Thursday 7-9 a.m. at the Base Restaurant. Cost is \$6, featuring a Toys for Tots drive with continental breakfast. To attend the breakfast, call Kathy Piper at 327-1410, Amy Galeazzo at 222-0381, or Cynthia Drosos at 926-2475 to purchase a ticket.

### OSC meeting

Join the Officers' Spouses Club for their monthly meeting and holiday tea buffet Dec. 16 at the Officers' Club at 9:30

a.m. for social time and 10 a.m. for the meeting. New members are welcome. Childcare is available on a first come, first served basis. Call Trista Fredell for more information at 922-6626. Reservations are not mandatory for this event but are appreciated so enough food can be prepared. Call Beth Huber at 922-6628 if your name begins with A-M and call Suzanne Cahill at 329-0489 if your name begins with N-Z. E-mail reservations or cancellations can be made at

BethOSC@mindspring.com.

### ASIST set for Dec. 15-16

Applied Suicide Intervention Skills Training will be held 8 a.m. to 4 p.m. Dec. 15-16 at the Occupational Health Building, Building 207. To register, call the Health & Wellness Center at 327-8480 or e-mail bridget.zimmerman@robins.af.mil.

### YMCA holiday camp

The YMCA will offer a day camp as a child care alternative

for working parents during the holidays. The camp will be held at the YMCA, 2954 Moody Rd., Warner Robins. The schedule is Dec. 20-24, pre-register by Dec. 15; Dec. 27 -31; and Jan. 3-5. Camp hours are from 7 a.m. to 6 p.m., with the camp closing at 4 p.m. Dec. 24 and Dec. 31. A non-refundable/non-transferable, one-day/child fee of \$15 for full member and \$20 for program members is required to pre-register. The camp is for children currently enrolled in

kindergarten through 12 years old. For more information, contact Toni Bacon at 922-2566 or tbacon@hocoymca.org.

### Tax center needs team members

The base tax center needs you to help active duty and retired military members and their dependents in the filing of income tax returns. Military members who wish to volunteer should notify their first sergeant through their supervisors by Dec. 20. The tax center

will be open from Jan. 24 to April 15 from 1 to 5 p.m. Questions may be directed to Staff Sgt. Da-Vonna S. Cromwell at 926-9276.

### Housing refuse pickup

Due to Christmas and New Years' holidays being observed on a Friday, refuse pickup for Base Housing will be changed to Thursday, Dec. 23 and Thursday, Dec. 30. If you have any questions, contact Gail Davis at 926-5820 extension 188.

# Family Advocacy offers hope and help for uncontrollable anger



**Veronica Griffin** says people can attend the anger management course to enhance personal growth.

**By Chrissy Zdrakas**  
chris.zdrakas@robins.af.mil

Anger is a natural emotion, but used inappropriately, can take on a far more sinister meaning that finds expression in stress, abuse, road rage and a realm of other negative consequences.

That's why Family Advocacy Outreach Manager Veronica Griffin designed an educational program that takes direct aim at helping people recognize what anger is and how they can avoid its negative consequences.

"Anger can be a positive thing if used as a motivator to get you to accomplish personal goals,"

Ms. Griffin said. "I tell people all the time that it is not what happens to you that makes the biggest impact; it's how you handle the situation."

Ms. Griffin said she receives hundreds of questions a year about anger:

- What is anger?
- Where does it come from?
- Why am I always getting upset or frustrated?
- How can I identify when I am becoming angry?
- What can I do to control my anger?

Her textbook-type response is that anger has four main components: beliefs, thoughts, feelings

and behavior. The components work in a circle, so getting people to understand that their beliefs have a big impact on how they perceive things is a necessary first step. Next comes an understanding that perception impacts thought processes.

"If you think someone is being unfair to you, then you will feel that way about the situation," she said. "In most cases, people tend to behave as if someone mistreated them."

She tries to steer those participating in the program toward an understanding that diversity and the idea of "entitlement" significantly impact beliefs.

"I attempt to help people understand that we are all different and that no one thinks exactly the same way," she said. "People often become angry over what they believe they are entitled to. Since everyone believes differently, there are some issues on which agreement will never be reached."

Working through the anger cycle has created a greater understanding for those who have tried the program. Participants learn that anger is a choice, and how they choose to respond to it determines the consequences of that choice.

"Helping people to understand

those concepts can reduce problems such as stress and lack of communication," Ms. Griffin said. "People can come to this course to enhance personal growth. It's just like signing up for a Microsoft Word class to enhance professional growth."

Family Advocacy offers an anger management class the second and third Wednesdays of each month from 9 to 11 a.m. It's open to all active duty members and their dependents and the civilian population. Prevention services are voluntary, and there is no documentation.

For more information, call Ms. Griffin at 327-8427.

## ANGER

Continued from 1A

### The past gone; tomorrow counts

A civilian aircraft sheet metal mechanic in his early 30s is among the program's growing number of believers. Married with two small children, age 6 and 2, he found himself squabbling with his wife, hitting walls and punching doors. During marriage counseling, he was told he had an anger problem.

"I knew it, but I didn't want to admit it," he said. "Nobody wants to admit they have a problem. I always thought I could beat it." His call to Ms. Griffin was his first step on the road to learning how to regain control.

"I learned that anger is an emotion everyone has, and that the only person I can control is myself," he said. "For every choice I make, there's a consequence."

During the classes, he discovered why he became angry when he didn't get the response he wanted from his wife.

"You think what's going on inside you is the most important thing in the world," he said. "If you don't get the reaction you want from your spouse, you can't fly off the deep end. You have to realize that if they heard you, they heard you. They will do what they want to do."

He said since completing the course, he has been able to walk away from situations that would otherwise have con-

sumed him, to gain his composure, return and address a situation in a different manner.

"I may not necessarily get the outcome I want, but at least I'm not mad or hurting anyone," he said.

"My wife has made me mad as a hornet, but I know it's o.k. to be mad. How I handle it is what's important. I was letting my anger control me. I can't say I don't do it any more, but I'm well on my way to controlling my anger instead of having it control me."

He said in addition to his wife, co-workers and his stepfather have noticed the changes in him.

"I express myself differently. I keep making reference to how hard I am trying to change and how certain people want to keep me back. How can I move forward to tomorrow if I keep being reminded about yesterday? Sure enough, I did do it in the past. I can't do anything about that now. All I can do is change what happens tomorrow."

**"I think before I react"**

A 40-year-old tractor trailer driver and military spouse said both his wife and his mother brought his anger problem to his attention.

"I realized within myself that I had a temper," he said. I would get jittery, nervous, flare up and get loud. I'm loud anyway, but I would get exceptionally louder."

He said he was bothered by things people said and what he perceived to be a tendency for

them to talk down to him.

"It seemed to me I was trying to manage my anger, but I was not doing a good job of it," he said. "It started to get worse, a little more violent." He said when angry, he would pick up a chair – or somebody in a chair – employing scare tactics.

"I learned I have no control over anybody but myself," he said. He turns to prayer to "de-escalate" when he feels the warning signs of anger.

"During prayer, it seems like the anger goes away. The people are saying the same things, but it's not bothering me."

Before his epiphany, he was letting bitterness creep in and blaming God for his circumstances.

"I know it wasn't his fault," he said. "He was always there with me. It was something within me."

Now, he said, he thinks before he reacts "because I know there are consequences." He says he is physically better and has more energy because anger isn't sapping his energy.

He thinks everyone should consider the course.

"Even if you don't have an anger problem, if you run into somebody who does, you can reflect back. This course is for everybody."

**"Some things ain't even worth the hassle"**

A machinist in his late 40s came to an anger management class because he recognized he was using anger to try to control others.

"The more intimate the

### Techniques to manage anger

- Relaxation.** Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings. Know what triggers your anger. Keep a diary to help you see what things make you angry.
- Change the way you think.** Replace your irrational thoughts with rational thoughts and your destructive habits into positive ones. Remind yourself that getting angry will not fix things, but only make them worse.
- Problem solving.** Anger is often caused by problems that we can't avoid or escape. The best attitude is to focus on how to handle and face the problem. Make a plan to solve the problem and stick with it.
- Better communication.** When you become angry, you tend to jump to conclusions and act on them without thinking. Listen to what others are saying and think through your responses so discussions stay under control.
- Humor helps.** Humor can help defuse anger in many ways. It can help unknot a tense situation and help you face your problems more constructively. Anger is a serious emotion, but it's often accompanied by ideas that, if examined, can make you laugh.

- Change your environment.** Give yourself a break and make sure you have some "personal time" scheduled into your day.
- Timing.** If there are certain times of the day you are prone to becoming angry, avoid discussing problems or dealing with people during that time. For example, if you and your spouse tend to fight when you discuss things at night, maybe you are tired or distracted and should plan better times to talk about important matters.
- Avoidance.** Don't make yourself do what annoys you. For example, if your child's filthy room annoys you, don't go in it or shut the door so you don't see in it when you pass by.
- Find alternatives.** If you know specific events or incidents make you angry, find alternatives for these when possible. For example, if you don't like driving in heavy traffic, find a time when the traffic will be light and drive during those times or find an alternate route to your destination.

Source: Robins' Organizational Health Center Web site

relationship, the more the anger came out," he said. "I did it to gain power, to get people to do what I wanted them to do.

"My sister will tell you I was an angry young boy growing up," he said. "In the past, I shoved people and kicked objects."

## Black Knights dedicate new building



U.S. Air Force photos by Sue Sapp



The 19th Air Refueling Group dedicated their new squadron and operations building, at top, Wednesday. Col. Jeff Kennedy, 19th ARG acting commander, presided over the ceremony, and Maj. Gen. Quentin L. Peterson was the guest speaker. Above, Airman Basic Andrea James, the newest member of the Black Knights, and General Peterson, 18th Air Force vice commander, Scott Air Force Base, Ill., cut the ribbon at the building dedication ceremony. The group, originally known as the 19th Observation Group when it was first constituted Oct. 18, 1927, moved to Robins in 1968. Today, the Black Knights perform everthing from cargo express missions to transporting distinguished visitors around the world.



## 78th CS office keeps the base in touch

By Lanorris Askew  
lanorris.askew@robins.af.mil

If land mobile radios, cell phones or pagers are the ties that bind you with members of your unit, squadron or office, chances are your communication plan is in the hands of the 78th Communications Squadron's personal wireless communications systems office.

Located in Building 270, a team of ground radio specialists, three military and one civilian, monitor and maintain more than 4,000 wireless assets.

"Our work includes land mobile radios both the handheld, vehicular, table top and the big consoles that you see at the law enforcement desks, the command post and fire department," said Ed Stefan, PWCS chief. "We now also handle cell phones and pagers."

Mr. Stefan said the vast majority of their work is programming handheld radios.

When customers come into the shop they are usually having a problem with their equipment. A team member takes the equipment and does what is called a first look, a basic trouble shooting check of the battery and the antenna.

"If the equipment warrants some type of repair it is sent out to the contractor," said Mr. Stefan. "So, basically we are the firewall between all of the base customers and the contractor."

The office chief said the work there is usually feast or famine but with the recent migration from wideband to narrowband they are in feast mode right now as the base gets over the learning curve, but regardless of feast or famine there are certain things that must be done daily.

Each morning when they arrive they first take a look at the "system watch" a computer which shows how all of the equipment across the base is operating.

"This equipment is all over the base



Ed Stefan, personal wireless communications systems office chief, says the majority of the office's work is programming handheld radios for base customers.



U.S. Air Force photo by Sue Sapp

Master Sgt. Rhonda Durham, right, and Senior Airman Chris Johnson test a handheld radio. They are part of the 78th Communications Squadron's personal wireless communications systems office.

from the general down to the Airmen working on aircraft," he said. "From the command post to the chaplain - it's everywhere. Everybody is affected by what we do."

Because so many people depend on them they must ensure their trunking system is up and operational. The trunking system is a computerized system that allows a few frequencies to handle a very large number of radios.

"If there was no trunking system we would have to have hundreds of frequencies for the radios to operate. Because of the system only 20 frequencies are needed," said the chief. "When a radio is keyed up the trunking system assigns it to a free frequency so each time a radio is used it's used on a different frequency. It's extremely fast and efficient."

Monitoring systems is only one of their jobs.

Staff Sgt. Tonya Angel, assistant non-commissioned officer in charge of PWCS, works with the tracking and reporting system, a large data base which keeps track of all assets.

"I really enjoy helping people solve problems," she said. "Sometimes if they tell us what the problem is we can track it down without them coming over here. It really cuts down on down time."

Senior Airman Chris Johnson, PWCS

technician, adds another dimension, programming radios in a flash. With just a few key stokes he can change the personality of a radio.

"The only time it really takes time to do anything on here (the system) is if I have to take a fresh radio and build the whole thing from scratch," he said. "Now that we have so many programs in the system it's really easy to just find one that's tailored towards what we want and just adjust it."

He said there are several organizations that have requests for multiple programming they want in their radios, and they can quickly change them to what they want.

Master Sgt. Rhonda Durham, non-commissioned officer in charge of PWCS, said the office is customer oriented and strives to meet their needs. One example of this is the loaner program where they loan radios to people who need temporary communications whether it be a fun run, a unit event or a commander's call.

"We temporarily program and sign them out," she said. "We also have this program for pagers and cell phones. All that is needed is a justification form."

Whether it's programming changes, troubleshooting or giving advice for better communication, the PWCS office is the Robins source for wireless needs.

# Robins part of ‘Lean’ team lauded for manufacturing-technology advances

Air Force Print News Service

WASHINGTON – The sixth annual Defense Manufacturing Technology Achievement Award was presented Tuesday at the Defense Manufacturing Conference in Las Vegas.

John B. Todaro, director of the Department of Defense’s technology transition office, presented the award to the Air Force’s lean depot repair initiative. The Army’s uniform cannon tube reshaping program also received the award.

The award recognizes defense and private sector individuals or small groups responsible for developing innovative manufacturing processes that improve the affordability, cycle time, readiness and availability of weapon systems and components.

The lean team – consisting of representatives from the Air Force Materiel Command and Air Force Research Laboratory, both at Wright-Patterson Air Force Base, Ohio; Warner Robins Air Logistics Center at Robins Air Force Base, Ga.; and Simpler Consulting, of Ottumwa, Iowa – was recognized for implementing procedures at the logistics center.

“This lean approach revolutionized the programmed depot maintenance lines for F-15 [Eagle] and C-5 [Galaxy] aircraft, generating dramatic pay-back for the warfighter in the form of reduced repair time, increased on-time return of aircraft to the field and lower maintenance cost,” according to a news release from the deputy undersecretary for advanced systems and concepts.

The release reported that in fiscal 2000, only 25 percent of C-5 aircraft were returned to their units on time. That figure increased to 100 percent in fiscal 2004. Likewise, the on-time return of F-15 aircraft to the active fleet increased from 12 percent in fiscal 2000 to 80 percent in 2004.

“As a result of this remarkable achievement, lean depot practices are being expanded across the defense industrial base, including arsenals, depots and shipyards,” the release stated. (Courtesy of American Forces Press Service)

## USPS offers free shipping materials for military families

By Donna Miles

American Forces Press Service

WASHINGTON – With so many military families scrambling to ship holiday care packages to their loved ones deployed around the world, U.S. Postal Service officials are stepping in to make things a bit easier.

They are offering free packing materials. A special kit includes 10 boxes; 10 customs forms with envelopes; 10 "Mili-Pac" shipping envelopes, which are specially printed for military mailing addresses; and a roll of Priority Mail tape.

Postal Service spokeswoman Sue Brennan said they started the service Oct. 25 as an extension of an offer it provides to all mailers. She said postal officials were getting deluged with requests from military families – about 1,000 calls a day since late September. In response, they developed the special kit containing the most popular items, she said.

To order the kit, call (800) 610-8734 and request Care Kit 4. Ms. Brennan said delivery is usually within a couple of days.

Although the packing materials are free, shippers must still pay normal postage costs, Ms. Brennan said.



# Base officials offer holiday safety tips

Base Fire Department

Christmas time reminds us of twinkling lights and fragrant evergreens. It is the time of year for blessings past and future, which includes family gatherings for a festive time by all.

The Robins Fire Department would like to remind the base community that while Christmas is beautiful, without caution these and other holidays could produce tragic results.

We want everyone to have a safe and happy holiday season, and these fire safety tips may help to ensure that.

One of the best-known symbols of the Christmas season is the Christmas tree.

Artificial trees come in many shapes and sizes to suit almost any taste. If you already own a tree or are getting ready to buy one, look for a label certifying the tree flame resistant and for use indoors.

A tree is the center of the holiday festivities. It is also the center of many holiday fires. A flame resistant tree isn't as likely to go up in smoke.

Trees in base facilities are limited to artificial trees only and must be UL Listed and shall have a fire resistive rating. Personnel residing in military family housing can have live trees, but only if they maintain them safely.

The most important aspect to consider when buying a live Christmas tree is freshness. The best way to ensure getting the freshest tree possible is going out to a tree farm and having one cut down.

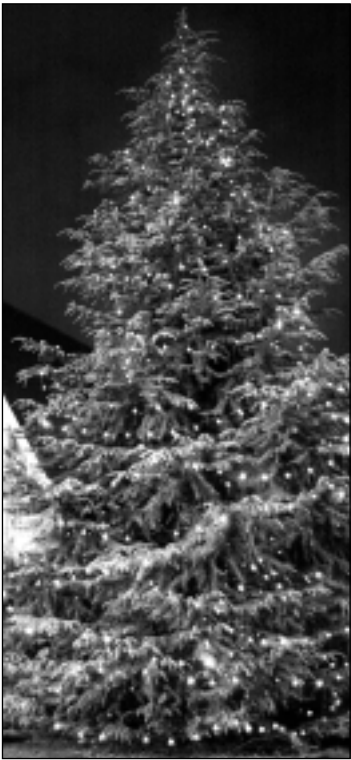
Before you buy a previously cut tree, check for freshness by bending some needles. If they break, the tree is too dry. Gently tap the end of the tree trunk on the ground; if a lot of needles fall, it is also too dry. Don't depend on how green a tree is to judge its freshness, because trees are sprayed to enhance their color.

At home, cut the bottom of the tree at an angle about one inch above the original cut. Place the tree in a tree holder and securely anchor it inside the stand.

When setting up the tree at home, place the tree away from the fireplace, traffic areas and furnace radiators or other heat sources. Above all, do not block exits.

The most important thing to remember is to check the water level daily and to keep the water level full at all times.

Never place lit candles on or near a Christmas tree or



U.S. Air Force file photo by Sue Sapp  
When choosing a live Christmas tree, it's important to make sure the tree is fresh.

around decorations. Keep candles up high out of children's reach. Make sure all candles have been extinguished before leaving the room or going to sleep.

Check tree lighting sets, electric candles and extension cords for frayed wiring, loose connections and broken sockets. Use only lighting equipment carrying the UL label. Remember, unlabeled materials, domestic and foreign, seldom meet safety standards. One more important item to remember about lighting is to use indoor lights only indoors, and outdoors lights for outdoors. Never mix the two sets.

Unplug lights and decorations before you leave the house or retire for the night. Never leave lights unattended. Keep lights at least six inches from all combustibles and never allow light bulbs to come in contact with combustible materials.

Use only decorations that are fire resistive and bear a label stating so. Unlabeled materials seldom meet safety standards. Don't use spray snow, angel hair or Styrofoam; these substances can produce chemical reactions that are highly dangerous. However, if a spray snow is used, follow the container directions carefully.

## Improper use of extension cords present safety hazard

By Lee Ann Allen  
Center Safety Office

We use extension cords almost every day both at work and at home. These are useful devices, but they can present a fire or shock hazard when either worn out or used improperly.

With everyone getting into the holiday decorating I thought that now would be the perfect time to review some do's and don'ts. According to the National Electrical Safety Foundation, extension cords are supposed to be used only temporarily. They're not made to take constant use, especially when multiple appliances are plugged into them.

At this time of year, the tradition probably goes something like this: after standing the tree in an out-the-way corner, you trek up to the attic to pull down boxes that haven't seen light since last New Year's. They hold assorted ornaments, snarled strands of lights, and a couple of extension cords that make the whole thing light up like, well, a Christmas tree.

This year between dusting off the glass globes and picking pine needles from the carpet, let's take a closer look at those cords.

### Types of extension cords

Extension cords come in either two or three-wire types. Two-wire extension cords should only be used to operate one or two small appliances. Three-wire cords are used for outdoor appliances and electric power tools. The third wire on this cord is a ground and this type of cord should never be plugged into any ungrounded electrical outlet. Only grounded extension cords should be

used with power tools unless the tool is double insulated.

### Care and inspection of extension cords

Extension cords must be treated with care and checked regularly for damage or deterioration. The cord itself should never be pulled to disconnect it from an electrical source; remove it by the plug. They should not be placed under rugs or furniture and should never be strung through doorways, windows, walls, ceilings, or floors. Damaged cords present a potential fire or shock hazard and should be destroyed and replaced immediately. An extension cord should never be used as a substitute for permanent wiring. They should not be fastened to a building or structure. Never plug two cords together to make a longer one. It's best to use one cord in a continuous length from the receptacle to the appliance or tool. Extension cords which are either connected together or are too long will reduce operating voltage and operating efficiency of tools or appliances and may cause motor damage. Don't overload cords with more than the proper electrical load. Use special, heavy duty extension cords for high wattage appliances such as refrigerators. If a heavy duty extension cord is not available plug the appliance directly into the outlet.

Remember extension cords are convenient devices which we often take for granted in our everyday activities, but need proper care and attention. Use good housekeeping practices at home and at work, to prevent potential electrical hazards that may lead to someone's injury.

Decorations should have a flame resistant rating prior to use. All decorations should be kept to a minimum. Ensure decorations do not interfere with fire protection systems. Decorations should never obscure or block exits or any other means of egress from any facility.

If an incident should occur, remember to dial 911 to report an emergency. If you have any questions, contact the base fire prevention office at 926-2145.

The Robins Fire Department would like to wish everyone a happy and safe holiday season.





Courtesy photos

The Band of the U.S. Air Force Reserve and the U.S. Air Forces in Europe Band will perform as the opening act for the Blues Traveler concerts at seven USAFE bases Dec. 5-16. Four of New England Patriots Cheerleaders will escort the tour and be on hand to meet the troops.

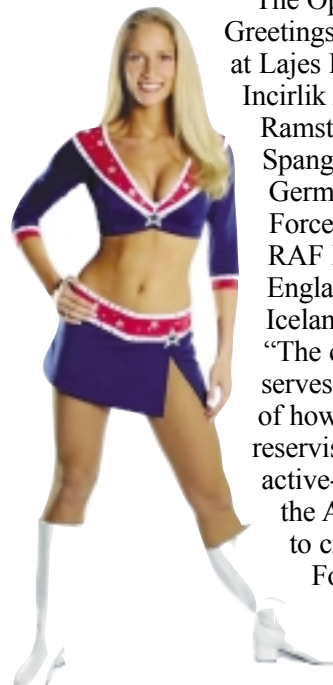
AFRC band, Blues Traveler, New England Patriots cheerleaders bring troops overseas holiday cheer

## Operation Season's Greetings

Air Force Reserve Command Public Affairs



New England Patriots cheerleader Melinda McGrath



New England Patriots cheerleader Alison Preston

Air Force Reserve Command and U.S. Air Forces in Europe will mix air power with amp power when they join world-famous rockers and National Football League cheerleaders to stage a whirlwind, five-country concert tour Monday through Dec. 16. Headquarters USAFE at Ramstein Air Base, Germany, and Headquarters AFRC here are co-sponsoring Operation Season's Greetings.

The rock-and-roll tour features Blues Traveler and four New England Patriots Cheerleaders, along with musicians and technicians from the Band of U.S. Air Force Reserve and the USAFE Band. The Operation Season's Greetings tour will perform at Lajes Field, Azores; Incirlik Air Base, Turkey; Ramstein Air Base and Spangdahlem Air Base, Germany; Royal Air Force Menwith Hill and RAF Mildenhall, England; and Keflavik, Iceland. "The combined band serves as a good reminder of how Air Force reservists partner with the active-duty Air Force and the Air National Guard to create the Total Force," said Lt. Gen. John A. Bradley, chief of the Air Force Reserve, Pentagon. "We're working together on this tour to boost troop morale and let

our people overseas know their Air Force family cares about them."

Performing as the opening act for Blues Traveler, the Band of the U.S. Air Force Reserve and the U.S. Air Forces in Europe Band will play well-known rock-and-roll, rap and contemporary favorites.

Blues Traveler broke into the international spotlight with its Grammy-winning single "Run Around."

According to their web site, this blues band still holds the record for the longest time on the Billboard Music chart.

The band has a huge fan base that has made it one of the most consistently successful bands of the past 15 years with six gold or platinum releases and sales of more than 10 million albums.

To help warm up the crowd, the 2003 world champion New England Patriots are sending members of their cheerleading squad to accompany the tour.

"I think the performances will remind people of home, great music and energy," said Nicole Schell, a Patriot cheerleader from Wilmington, Mass.

"Usually we get the biggest response from 'Devil Went Down to Georgia' and 'Sweet Home Alabama,'" said fellow cheerleader Melinda McGrath, from Marlboro, Mass. "Those are always the best ones to dance to."

"Operation Season's Greetings will put on a show that is on par with any high-dollar concert back home," said Dave Ballengee, deputy director of the Band of the U.S. Air Force Reserve.



Blues Traveler and the New England Patriots Cheerleaders will combine with the Band of the U.S. Air Force Reserve and the U.S. Air Forces in Europe Band to bring holiday cheer to U.S. troops and their families at seven bases Monday through Dec. 16.

### Where they'll perform

- Lajes Field, Azores
- Incirlik Air Base, Turkey
- Ramstein Air Base and Spangdahlem Air Base, Germany
- Royal Air Force Menwith Hill and Royal Air Force Mildenhall, England
- Keflavik, Iceland

"This Air Force tour group is bringing its state-of-the-art sound, stage and lighting equipment and will put on a show that our troops will never forget."

The tour will cover about 12,000 miles round trip.

The performers, technicians, support troops and about 40,000 pounds of equipment will get a lift from an Air Force cargo aircraft and a KC-10 Extender refueling and cargo aircraft.

U.S. Air Forces in Europe has five main operating bases

along with 80 geographically separated locations.

The main operating bases are: Royal Air Force bases Lakenheath and Mildenhall in England; Ramstein and Spangdahlem Air Bases in Germany and Aviano Air Base in Italy.

More than 42,000 active-duty, Reserve and civilian employees are assigned to USAFE.

"I volunteered to visit the troops because I welcome the opportunity to give something back to the men and women who devote their lives to protect our country," said Amber van Eeghen, a cheerleader from Cranston, R.I. "I am looking forward to meeting them, seeing where they work and learning about their responsibilities and experiences."

Serving as the air component of U.S. European Command, USAFE supports U.S. interests and policies throughout the European continent, covering more

than 21 million square miles, including 91 countries and territories.

This area extends from the North Cape of Norway, through the waters of the Baltic and Mediterranean seas, most of Europe, parts of the Middle East, to the Cape of Good Hope in South Africa.

Known as "Citizen Airmen," Air Force Reservists are frontline troops actively engaged in worldwide missions. Air Force Reserve Command has about 76,100 Reservists on full and part-time duty in every job specialty, contributing to virtually every Air Force mission.

Reserve, active-duty and National Guard Airmen work together as a team to make the U.S. Air Force the most powerful force in the world.

The Air Force Reserve provides 20 percent of the Air Force's combat capability for 4 percent of the total Air Force budget.



SERVICES BRIEFS

Enlisted Club

A New Year’s Eve gala will be held at the club with entertainment by Conquest in the ballroom and DJ Willie Nelson in J.R. Rockers. Guests will save when they purchase their tickets before Dec. 15. Cost for members is \$20 and for guests is \$25. After Dec. 15, cost is \$25 for members and \$30 for guests. The club will open at 7 p.m. with entertainment beginning at 9 p.m. The evening will be made complete with hors d’oeuvres, breakfast buffet, champagne and party favors. For more information, call 926-4515.

Go Program

The Go Program will offer a variety of events, activities and discounts designed specifically for junior enlisted force. All E1 - E4s and their immediate family members may take advantage of these programs. Your Go card is your entry to all special events and must be shown to receive special discounts. Look for Go offers throughout 78th Services Division facilities during December, January and February. Make sure you carry your card. The Go patrol will be doing random spot checks and awarding prizes. For more information, call 926-5492.

Information, Tickets and Travel

Sign up today for the one-day holiday shopping spree to the North Georgia Premium Outlets in Dawsonville, Ga., Saturday with the Information, Tickets and Travel office. This shopping experience will include 140 outlet stores, in an outdoor village setting, including Ann Taylor, Banana Republic, Hugo Boss, Crate and Barrel, Williams-Sonoma, Nike and Polo Ralph Laurens. The village consists of 52 designer and sport apparel stores, 23 shoe stores, 16 children’s apparel stores and food pavilions. “Leave the driving and the high cost of gas to us,” said Donna Smith, ITT manager.

A 47-passenger tour bus, featuring on-board restrooms, TV/VCR and air conditioning and ample storage for packages will be reserved for this shopping trip. Cost is \$30 for Robins Officers’ and Enlisted club members when they show their Members First Plus club card and \$35 for non-club members. This package will include a complimentary continental breakfast. The tour bus will depart from the parking lot across from the Smith Community Center at 8 a.m. and will depart from the mall at 7 p.m. For more information, call 926-2945.

Get a free CD case with the purchase of an Atlanta Hawks basketball ticket at ITT. Tickets cost \$35. Watch the Atlanta Hawks versus the Washington Wizards tonight at 7:30, Monday versus Philadelphia 76ers at 7:30 p.m., Wednesday versus Memphis Grizzlies at 7:30 p.m. and Dec. 11 versus New Jersey Nets at 7 p.m. For a complete listing of the season’s games visit ITT or www.robins.af.mil/services and click on the ITT link. Take a trip with ITT to watch the Atlanta Hawks versus the New Jersey Nets at the Philips Arena Jan. 17 at 7:30 p.m. Cost is \$55 per person. Transportation will depart the community center at 4 p.m. For more information, call 926-2945.

“A Celtic Christmas with Robin Bullock and Steve Baughman” will be held at the Douglas Theatre in Macon Dec. 10 at 8 p.m. Purchase advance tickets for \$15 at the ITT office in Building 767.

ITT has tickets for the Chick-fil-A Peach Bowl 2004 Atlantic Coast Conference versus the South Eastern Conference championships for \$65 plus a \$3 convenience fee. The event will be held Dec. 31 at 7:30 p.m. at the Georgia Dome in Atlanta.

**Officers’ Club**  
Bring in 2005 at the club with a

buffet dinner, party favors, champagne at midnight and a continental breakfast. Featured entertainers will be Tommy West and the Sensations from 8 p.m. to 1 a.m. and Total Sound Productions in the main lounge from 8 p.m. to midnight. Tickets are on sale for \$40 per person. For patrons’ convenience, 20 rooms will be available at lodging. Reservations for these rooms can be made through the officers’ club cashier.

Pizza Depot

A Pizza Depot survey is being conducted now through Dec. 15. Go to www.robins.af.mil/services and click on the Pizza Depot Web page, located on the left-hand side of the screen, to find the survey icon. Information derived from the survey will be used for future planning and programming.

Riding Stables

The riding stables, near Luna Lake, offer a lighted riding ring, hot and cold wash racks, horse trail, stalls and a horse pasture. Costs include monthly \$15 family membership fee plus monthly stable fee of \$67. All base ID cardholders, including active duty, reserve, retired and DoD civilians, are eligible to use the stables. For more information, call 926-3214.

Services thanks AAFES

The Army and Air Force Exchange Services October contributions to the 78th Services Division were \$41,829. These contributions were made possible through the patronage of AAFES customers.

Smith Community Center

The musical showcase, Tops In Blue 2004 “Musicology” tour will be held at the Warner Robins Civic Center Tuesday at 7:30 p.m. Doors will open for the general public at 6:45 p.m.

Help make someone’s holiday a little happier by donating to the community center canned food

drive now through Dec. 21. Donations are used to create holiday food baskets to distribute to deserving Robins families. This program benefits both military and civilian employees and their families. Collection boxes are located throughout Services facilities and will be emptied each Friday with final collection Dec. 21. Collection boxes for areas other than Services facilities can be placed upon request. Confidential applications will be accepted at the community center office, Building 767 for any one who knows of a family that would benefit from receiving a holiday food basket. Volunteers are needed to assemble and deliver the baskets. For more information, call Lynne Brackett at 926-2105.

A beautiful bag contest will be held Dec. 13 at the Smith Community Center. A variety of materials can be used to decorate the bags. Judging will take place Dec. 14 with certificates awarded to the winners. The beautiful bags will be on display in the community center ballroom Dec. 13 - 17. Decorated bags will then be used to make holiday food bags to be distributed to families in the Robins community. For more information, call 926-2105.

Spalding Nature Center

To hunt on base a Georgia safe hunting license and a base hunting permit are required. Call 926-4001 to sign-up for the base hunter’s safety course.

The Oscar’s Amphitheatre is now available for weddings, retirement parties, meetings and classes at the nature center. Cost for rental is \$15 with a \$25 refundable deposit. For reservations and information, call 926-4500.

Youth Center

The 4-H meetings are held the second Monday of each month from 3 - 4 p.m. for boys and girls ages 9 - 13 . Youth center membership is not required.

fet. Membership is open to Reserve officers of any service component, active or retired, and spouses. For more information, contact Lt. Col. Larry Ruggiero at 327-0227 or Lt. Col. Ray Cancilleri at 327-1622. **The Combat Veterans Group** meets the first Saturday at 1 p.m. at VFW Post 6605 at 1011 Corder Rd., Warner Robins. For more information, call Cary Stokes at 836-2284. **The House Committee of VFW Post 6605** meets the second Wednesday at 7 p.m. at 1011 Corder Rd., Warner Robins. For more information, call 922-2154. *Editor’s Note: Information is provided by club members. To have your club or group’s information included or updated, submit it to Angela Trunzo in Building 215, Room 106, by e-mail at angela.trunzo@robins.af.mil or by fax at 926-9597.*

MOVIE SCHEDULE

Adult tickets are \$3.50; children (11 years old and younger) tickets are \$2. For more information, call the Base Theater at 926-2919.

**Friday**  
**7:30 p.m. – The Grudge – Sarah Michelle Gellar and William Mapother**

Karen, an American student working with a Japanese health center for college credit, comes across a mysterious curse. She finds herself embroiled in a fight for her own sanity and survival. Known as a “grudge,” the curse was born inside of a house after its inhabitants died while consumed by rage. According to legend, the curse touches all who come into contact with it and will torment those individuals until they become a part of the grudge.



Rated PG-13 (mature thematic material, disturbing images/terror/violence, and some sensuality) 96 minutes

**Saturday**  
**2 p.m. – Shark Tale – animated**

The sea underworld is shaken up when the son of the shark mob boss is found dead, and a young fish named Oscar is found at the scene. Oscar takes advantage of the situation and makes himself look like he killed the finned mobster. Oscar soon comes to realize that his claim may have serious consequences.

Rated PG (mild language and crude humor) 90 minutes

**7:30 p.m. – I Heart Huckabees – Jude Law and Naomi Watts**

A plucky couple, the Jaffes, like to play detective. But instead of solving murders, the Jaffes like to delve into philosophical questions. Their latest case is a miserable retail worker named Albert Markovski and his archenemy, Brad. Albert has faced a series of odd coincidences in his life, and he’s hoping his new detective pals can help him figure out the meaning of being born.



Rated R (language and a sex scene) 107 minutes

COMING SOON:

Dec. 10 – **Ray** – Jamie Foxx and Regina King – Rated PG-13  
Dec. 11 – **The Incredibles** – animated – Rated PG  
Dec. 18 – **The Polar Express** – animated – Rated G  
Dec. 18 – **Saw** – Danny Glover and Cary Elwes – Rated R  
Dec. 19 – **The Polar Express** – animated – Rated G

CHAPEL SERVICES

**Catholic Masses** are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., on Holy Days of Obligation at noon and at a 5 p.m. vigil the day before, and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m. **Protestant General Services** take place every Sunday at 11 a.m. This service includes some traditional and contemporary worship styles in music and in format. **Protestant Inspirational Services** take place every Sunday at 8 a.m. **Protestant Contemporary Services** take place 11 a.m. each Sunday at the Base Theater. This service is very informal, with a praise team assisting in singing and includes both traditional and contemporary styles of music and worship. **Jewish service time** is each Friday at 6:15 p.m. at the Macon synagogue. **Islamic Friday Prayer** (Jumuah) is Fridays at 2 p.m. in the chapel annex Rooms 1 and 2. *The chapel helps with spiritual needs that arise. For further information, call the chapel at 926-2821.*

FAMILY SUPPORT CENTER

**Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel. For more information or to make a reservation, call 926-1256.**

**Transition assistance**  
The Transition Assistance Program ensures active duty personnel are prepared to separate from the military. Classes are offered throughout the year.

**Relocation assistance**  
The FSC has videos on many Air Force installations around the world available for checkout. The relocation assistance program also has a Standard Installation Topic Exchange Service (SITES) that has information on all military installations worldwide at www.airforcesourceone.com (user ID: airforce; password: ready). If you don’t have a computer, you can call (800) 707-5784. For more information, call 926-3453.

**Pre-deployment briefings**  
Pre-deployment briefings are offered by the FSC Readiness

Team at 8:30 a.m. Mondays and Fridays in Building 945, FSC annex. For more information, call 926-3453

**Airman’s attic**  
The Airmen’s Attic program supports junior enlisted members that are establishing a household. E-4s and below are encouraged to visit the attic to find items to help defray the cost of setting up an apartment or home. Items usually available include kitchenware, small appliances and decorative items. The attic also provides children’s clothing, toys and military uniforms. Large items such as chairs, couches, washers, dryers, entertainment centers, desks and tables are donated to the Airman’s Attic. These larger items are passed on to junior enlisted members by way of a “Wish List.” Airmen are encouraged to visit the Attic and list their needs on the wish list.

**Car care program**  
The Car Care Because We Care program is open to active duty Air Force spouses when the military

member deploys on assignment for more than 30 days. Additionally, spouses of active duty Air Force members serving remote tours overseas are now eligible to use this program. Spouses may receive two certificates during the yearlong assignment. This program allows the spouse to take the primary family vehicle to the Base Service Station for free oil and filter change, (\$20 value), chassis lubrication and a safety inspection. Certificates are issued to the spouse at the Family Support Center after verification of the member’s remote tour, TDY/deployment. If the safety inspection at the service station reveals safety concerns, the spouse may approach the Air Force Aid Society office to apply for an interest-free loan. To receive the certificate, bring a copy of member’s orders by the FSC.

**Career focus**  
Career Focus provides ways for military spouses and family members, and displaced DoD civilian

personnel to identify skills and interest, plan careers, improve job search skills, and increase opportunities for employment or a career change. For more information, call 926-1256. **Morale call program**  
Standard morale calls are conducted over the DSN with a regular telephone. The military member provides the DSN number, where he or she is located, to the family member. The family member calls the FSC at 926-1256 to receive a control number. The standard telephonic morale call may be conducted at home after the control number is received. Once a convenient time for both the military member and the family member is chosen, the family member calls the base operator at 926-1110 to make the morale call. Please choose a time wherein both parties can complete the entire 15-minute conversation within one call. The videophone morale call must be conducted at the FSC. Videophone Morale Calls are made using the VIATV system.

# Holiday season can be difficult, stressful

**By Crystal Lavadour**  
92nd Air Refueling Wing  
Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. – The holiday season is supposed to be a time of fun, family and good food.

“Holidays should be happy and joyful,” said Capt. Kimberly Newsom, chief of life skills support center at the 92nd Medical Group. “It should be a celebration of time spent with loved ones.”

Unfortunately, with all of the pleasure that the season can bring, it can also be a very difficult time for some. Several things can make it more stressful: extra financial needs, family disagreements, deployments and dealing with the loss of a loved one.

The easiest way to avoid financial stress is to make a detailed holiday budget and stick to it, Captain Newsom said. It is easy to overspend using credit cards.

“It isn’t until you get the bill in the mail that you realize just how much you spent,” the captain said.

She suggests shoppers leave the credit and debit cards at home and only take the amount of cash they have budgeted to keep from overspending. Another option is to make gifts. Homemade gifts can cost a lot less and be a great activity for families to do together, she said.

Sometimes too much family togetherness can become a source of stress as well.

“Family disagreements can happen at big gatherings. If a fight starts, the best thing to do is to shift the attention away from the argument and on to something more pleasant,” she said.

Negativity can be contagious. Do not let an unhappy person suck everyone into his or her crankiness, Captain Newsom said.

But what if it is family separation, such as a deployment, that causes the extra stress?

“It’s the support system that carries people through deployments,” Captain Newsom said.

Family members have several avenues to find support. Seek others who are in the same situation, she said, maybe through the family support center or a unit’s key spouse.

“You can include deployed members in your celebrations, even though they are not with you,” Captain Newsom said.

She suggested getting the family together to write letters and gather items to send in a care package.

No matter where the stress stems from, people should not let the craziness of the season get in the way of their own good health, she said.

Staying active is very important and can be especially difficult during the holiday season with all of the extra activities and the colder weather. Home exercise DVDs and videos are great options for people looking to get in some indoor exercise, Captain Newsom said.

## SPORTS BRIEFS

### Fitness Center

An indoor soccer tournament will be held Dec. 11 at 8 p.m. at the Heath and Wellness Center. For more information, call 926-2128.

A jingle bell relay is slated for Dec. 20 at 10 a.m. in front of the Health and Wellness Center. This event is sponsored in part by Atlanta Bread Company. No federal endorsement of sponsors intended.

### Golf Course

Every Wednesday in December is Ladies Day. Cost is \$13 for 18 holes, golf car and green fee.

Active duty appreciation days will be held Dec. 10 and 18. Cost is \$15 for 18 holes, golf car and green fee.

Attention Houston County Golf Course members, come out for a member’s fun days today and Dec. 17. Come be a member of the course for a day and pay members prices.

Come out and play during

retiree appreciation days on Thursday and Dec. 19. Cost is \$15 for 18 holes of play, golf car and green fee.

A Christmas sale will be held today. Enjoy big savings on shoes, golf bags, clubs, clothes and golf balls. Door prizes will include free membership, free range balls for a year and more.

### Marathon volunteers

Seventy dedicated volunteers are needed to ensure the continual success of the 2005 Museum of Aviation Foundation Marathon/Half-Marathon/5K Run/Walk to be held Jan. 15 at 7 a.m. Everyone who volunteers will receive a free logo-event T-shirt and a letter of appreciation for their good works. Anyone who would like to get involved with this high-profile event that includes runners from every corner of our nation, should e-mail 2nd Lt. Matt Fogarty at [matthew.fogarty@robins.af.mil](mailto:matthew.fogarty@robins.af.mil). Please include your name, unit, base address, T-shirt size and duty phone.



# Extended Care gives parents returning from deployments quality time together

By Lanorris Askew  
lanorris.askew@robins.af.mil

After a long deployment or even a short one, it may take a while to get readjusted to family life and the old routine.

Although it’s great to see the kids again, a little “couple time” is often needed. And for the single parent, a few hours of “me” time may be warranted.

The Robins Family child care center is making sure parents have that needed time with its Returning Home Care Program.

According to Vera Keasley, Family Child Care coordinator, the program is available to all service members who have been deployed for 30 days or more in support of Operations Enduring Freedom, the Global War on Terrorism or upon their arrival for two weeks of rest and relaxation.

The program offers those parents up to 16 hours of free child care per



**Vera Keasley** says the expanded child care program offers a safe, healthy and happy environment for the children.

## What to know

For more information on the extended care program or how to become a provider, contact Family Child Care at 926-6741. Anyone providing more than 10 hours of child care per week on a regular basis must be licensed. The next initial training session is scheduled for January.

child in the Extended Duty Care FCC home. The home, located on base, is run by a licensed and insured care provider, trained in all aspects of child care, CPR and nutrition.

“The program offers parents time to get reacquainted with each other,” said Mrs. Keasley. “It also offers a safe, healthy and happy environment for the children.

The extended program supplements other child care programs at Robins such as the child development center and youth center, and is offered before they open and after they close.

“We are happy to provide this awesome service,” said Mrs. Keasley. “The Air Force says that if parents pay their normal child care costs they shouldn’t have to pay anything more.”

Currently the expanded child care program is conducted in the home of

Rosalie Nacionales, the Robins extended child care provider.

“I love working with the children,” she said. “I love playing with them, teaching them and just being around them.”

Mrs. Nacionales has been the extended care provider since September and has turned her home into a colorful play and learning center for children who visit. In addition to the extended care, the mother of two also participates in the volunteer care program which is available for parents who volunteer in their spare time, drop-in care and has one three-day a week client.

“It’s a very rewarding job,” she said. “I really enjoy having the children around and being able to stay at home.”

There are other expanded child care programs available. Childcare for Permanent Change of Station offers 20 hours of free child care for families arriving or departing the base. These hours must be used within 60 days of arrival of departure. Childcare for Volunteers offers 40 hours of child care per month for parents who volunteer. Extended duty care provides care for children during the working hours of tours of duty and in cases of emergency.



U.S. Air Force photo by Sue Sapp  
Rosalie Nacionales, with her children, Gwyn, 1, and Kurt, 5, is a care giver for the expanded child care program, which is offered to all service members who have been deployed for 30 days or more in support of Operations Enduring Freedom, the Global War on Terrorism.

“I love working with the children. I love playing with them, teaching them and just being around them.”

**ROSALIE NACIONALES**  
an extended child care provider since September

## Troops get 3.5 percent raise, increase in housing allowance

Money contained within the 2005 National Defense Authorization Act will fund a 3.5 percent troop pay raise and eliminate servicemembers’ out-of-pocket costs for family housing, the Department of Defense’s top military personnel official said.

The January troop pay raise will be applied across the board

to all servicemembers and will not feature pay hikes targeted to specific ranks as in past years, said David S. C. Chu, the undersecretary of defense for personnel and readiness. And, he said, money is contained in the act to boost allowances that eliminate servicemembers’ out-of-pocket expenses for on- or off-base family housing.

Stateside and overseas family-housing allowances are calculated according to regional markets. Another provision in the act removes a previously established ceiling limiting how much military family-housing inventory could be privatized, Mr. Chu said.

— American Forces Press Service

## ‘Gift of Groceries’ offers unique way to celebrate the season

Anyone can show support for military families this holiday season with a “Gift of Groceries.”

“Whether it’s for a national or installation charity, families of deployed service members, or simply as a gift for your neighbor, the general public can help support military families with commissary gift cer-

tificates,” said Patrick B. Nixon, acting director and chief executive officer of the Defense Commissary Agency. “Since the program began in the fall of 2002, nearly \$5 million in commissary gift certificates has been given as gifts or donated to military families.”

The program allows any-

one to purchase gift certificates at [www.commissaries.com](http://www.commissaries.com) or by calling (877) 770-GIFT, but only authorized commissary shoppers can spend them. A standard charge of \$4.95, paid by the purchaser, covers the costs of handling, printing and mailing.

— Defense Commissary Agency

# All in a day’s work



U.S. Air Force photo by Sue Sapp

## Tech. Sgt. William Osburn

Sheet metal technician, a Reservist with the 413th Flight Testing Group assigned to work with the 19th Maintenance Squadron

“In this shop (19th MXS Structural Maintenance) we're responsible for depot level maintenance and isochronal inspections of the C-5. Right now, I'm manufacturing a floor board patch. I bent this piece of titanium by hand. “You should take pride in your work, and I do. The war fighter gets their aircraft back

quickly because of what we do here. What I do as an Airman is for my wife and kids. I read where only a little under 1 percent of the population is military. My feeling is the lesser is out here doing a job so the greater can benefit. “I love this job; no doubt about it, and you can't beat Robins.”